



**Days until the kick off to the
Eifel Reunion 2005: 21**

Visit www.spangdahlem.af.mil and click on "Eifel Reunion 2005" for more information.

News Briefs

School lunch delay

Regular school lunch service is delayed at Bitburg Annex schools and Spangdahlem Middle School through Sept. 5. The delay is required for completion of contractual work mandated by the Air Force to meet safety directives for kitchen ventilation systems. Parents are encouraged to provide their children bagged lunches, however, Bitburg elementary and middle schools will have non-USDA approved pizza, hot dogs and milk for sale. For details, call the school's liaison office at 452-6942.

Memorial ceremony

A Sept. 11 Patriot's Day Ceremony takes place Sept. 9 at 3:30 p.m. at the parade grounds in front of the 52nd Fighter Wing headquarters, building 23. The Air Force Sergeant's Association, Saber Chapter 1681, hosts the event to honor the people who lost their lives in the Sept. 11 terrorist attacks and for those who have lost their lives in the Global War on Terror. Call Tech. Sgt. Evelyn Serafica at 452-8349 for more information.

Air Force Ball

The Air Force Ball takes place Sept. 17 from 6-10 p.m. in Hangar 1. Tickets are \$16-\$25. For ticket sales, call the following group representatives: Bitburg Annex 52nd MDG, Capt. Pamela Stewart at 452-3192; Spangdahlem AB 52nd MDG, Capt. Deborah Givens at 452-3456; 52nd OG, 2nd Lt. Fernando Defillo at 452-6471; 52nd MXG, 1st Lt. Becky Winschel at 452-4122 or Capt. Martha Sasnett at 452-4021; 52nd MSG, 1st Lt. David Leahy at 452-6123; and 52nd FW Staff Agencies, Capt. Shanna Corbett at 4521-4109.

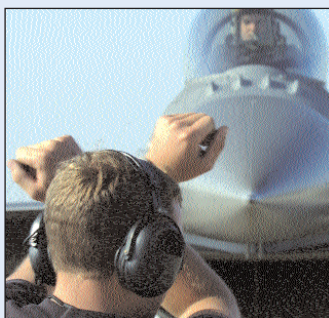
Estate claims

Anyone having claims against the estate of Airman 1st Class Erik I. Salazar, 52nd Civil Engineer Squadron fire protection specialist, can call Capt. Paul Waite, 52nd CES summary courts officer at 452-5540 or e-mail him at paul.waite@spangdahlem.af.mil. People with claims against the estate of Senior Airman Timothy R. Alford, 52nd CES fire protection specialist can call Capt. Allen Kelly, 52nd CES Explosive Ordnance Device flight commander at 452-6266 or e-mail him at allen.kelly@spangdahlem.af.mil.

On target

Did the wing "bomb" at the latest major command contest?

Read, "Wing pilots land four firsts in USAFE targeting competition," on Page 4.



Eifel Times

Vol. 39, Issue 30

Spangdahlem Air Base, Germany

Aug. 26, 2005



Staff Sgt. John Barton

Senior Airman Jonathan Oxner, 81st Aircraft Maintenance Unit A-10 loadcrew 2-man, installs impulse carts which release bombs from the rack of the aircraft, during the Sure Fire 2005 weapons loading competition here Wednesday.

Sure Fire '05 puts USAFE's best to test in weapons loading meet

By Staff Sgt. Jennifer Lindsey
52nd Fighter Wing Public Affairs

U.S. Air Forces in Europe's Sure Fire 2005 weapons loading competition was held Wednesday and Thursday after a 13-year hiatus due to increased real-world deployments and operational funding demands.

This year's loadcrews arrived at Spangdahlem Air Base from Royal Air Force Lakenheath, England, and Aviano Air Base, Italy, ready to test the 1992 Sure Fire champions, Spangdahlem AB, to see if the team still has what it takes to keep the first-place trophy.

The Competition

Sure Fire 2005 features USAFE fighter-jet bomb and missile loaders working in three-man crews to load specific munitions configurations safely, accurately and within time limits.

Each crew is comprised of a 1-man, a 2-man and a 3-man position. The 1-man is the crew leader and ensures safe and accurate loading by ensuring his crewmembers follow the munitions loading checklist. The 2-man ensures the aircraft bomb racks and suspension equipment, and loading tools and equipment are prepared and in good working order. The 3-man ensures the bombs and missiles are safe and reliable, and drives the jammer, a vehicle used to put the heavier munitions in place.

The competition's greatest challenges are not time or doing the work of loading, it's maintaining focus when the unexpected happens, said Senior Airman Lucas Newman from Aviano AB.

"Despite what goes wrong, we have to keep a positive attitude and calmly figure out how to overcome the problem. If not, that's when the team begins to break down, time ticks on and the game can be lost," said Airman Newman, 31st Aircraft Maintenance Unit F-16C/D 3-man loadcrew member.

Aviano's crew proved the words true when they ran into a paint "snag" which prevented one of the missiles from sliding into place smoothly.

"We just had to patiently work with it until it wasn't a problem any more," Airman Newman said.

It takes constant practice to prepare to handle the unexpected within the time limits, said Staff Sgt. Paul Sommerdyke of the 22nd Aircraft Maintenance Unit, because Sure Fire pushes loadcrews to complete their weapons configurations in less than half of the time they have to complete the job on an average workday.

"We practiced all sorts of loads every day for weeks for this

competition. We don't know what we're going to be loading until the day of the event, so we have to be prepared for anything," said Sergeant Sommerdyke, the F-16, Block 50 1-man loadcrew member.

The Crews

Teamwork is the event's main theme – "no loader works alone," said Master Sgt. David McBride, 493rd Aircraft Maintenance Unit F-15C loadcrew chief from RAF Lakenheath.

When one missile, the Aim-9 Sidewinder for example, weighs in at 190 pounds and is a gangly 9.5 feet long, it takes the muscle of all three crewmembers to carry the payload to the jet's wing, hoist it gently up to about nose height and secure it in place. Because the clearance between the missile and the wing is only 2-3 inches, the whole crew has to be careful not to hit the wing with the missile.

"We all have to work together to keep it balanced. The front man, who has the lighter end, has to be careful not to lift the missile too quickly or it will knock us off balance," said Staff Sgt. Jeremy Vonknoblauch, 493rd AMU F-15C loadcrew 1-man.

Dedication is another central theme. Weapons loading is only one of many tasks crews have in the average workday said Senior Airman Stephan Mitchell. High operations tempo and a demanding sortie schedule requires loaders to put in long hours of aircraft maintenance and performing other flightline duties, such as aircraft marshaling or inspections, said the Sergeant Vonknoblauch, 52nd Maintenance Operations Squadron weapons and standardization technician.

"The A-10 takes a lot of maintenance because it's such a mechanically demanding jet, but it's still good at what it does. It's like maintaining an old Mercedes," said Staff Sgt. Collin Heine, 81st Aircraft Maintenance Unit 2-man.

In addition to garnering a trophy and earning bragging rights, the event inspires loaders to sharpen their skills so they can try out for the event, said Capt. Aaron Milner, 81st AMU assistant officer in charge and Sure Fire 2005 coordinator.

"The Air Force weapons community is a very tight knit group," said the captain. "They love being around each other, especially competing with each other. Competitions like this sharpens their skills, showcases their abilities and they get command-level feedback on their performance."

Look for results of the Sure Fire 2005 weapons loading competition in the Sept. 2 edition of the *Eifel Times*.

RESCON Watch

BRAVO

1-2 DULs in the Last 30 Days

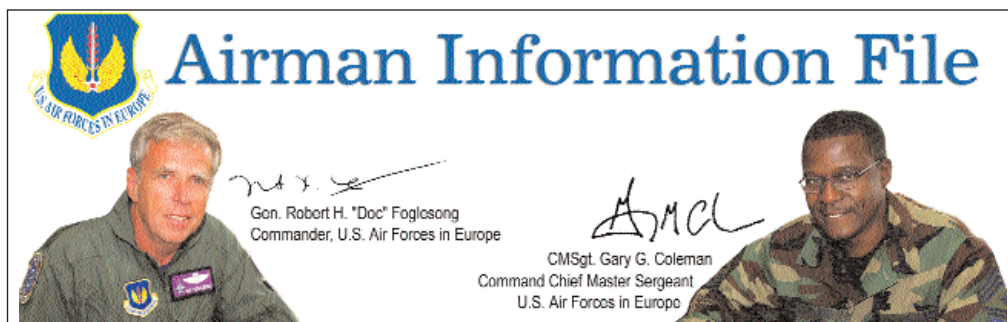
Days since last DUI: 15

**Rank of last DUI: staff sergeant
Squadron of last DUI: 52nd LRS**

Large unit with best record: 52nd Communications Squadron, 183 days
Small units with best record: 52nd Medical Support Squadron,
52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

**When going out, have a plan or call Airmen Against
Drunk Driving at 06565-61-2233.**



August 2005

Followership -- The Other Half of Leadership!

A good leader must adapt to changing environments and motivate ordinary people to achieve extraordinary things. In a complementary way, a follower must adapt to their leader, mission, organization, and environment or risk losing their relevance! Too often, followers are either incapable of change or unwilling to take the tough steps necessary to do so. The formula for success: adapt your style to bolster your leader's vision, your organization's goals, and the operational environment.

Mission / Vision. Good followers have a clear understanding of where their leader wants to go. Understanding the mission and the leader's vision will help you prioritize the tasks critical to attaining the organization's goals. As a follower, you are the expert --

take the initiative and have the courage to turn the leader's vision into action. When former Secretary of State Colin Powell was asked why he was selected to be Chairman of the Joint Chiefs of Staff he replied, "I worked very hard. I was loyal to people who appointed me, people who were under me, and my associates. I developed a reputation as somebody you could trust. I would give you my very, very best."

Organization. Good followers are aware of their organization's strengths and weaknesses. They know the skill level of their fellow Wingmen and understand the issues facing their team. Similarly, a follower must be aware of their own strengths, weaknesses, and motivations -- be honest! Consider what you bring to the fight and how it contributes to the leader's vision. Once you discover where your skills are needed most, apply your expertise with energy and focus. Gen. Curtis E. LeMay once said he was never given a job that he felt qualified to handle, yet he became one of our greatest military leaders.

Environment. Good followers maintain strong "situational awareness." The transformational environment we operate in today demands that we be prepared for any situation. Anything less may put our fellow Wingmen at risk. Responsive and vigilant followership can make the difference between mission success or failure. When you sense change, identify it and embrace it!

Good followership is the result of calculated study, deliberate practice, and sometimes painful experience. But for those willing to adapt, you become invaluable to your leader, your organization, and the mission. In a profession where success is measured in human life, we all need to be prepared to be a dynamic followers -- the other half of great leadership!

Wing pilots land four 'firsts' in USAFE targeting competition

By Staff Sgt. Jennifer Lindsey
52nd Fighter Wing Public Affairs Office

52nd Fighter Wing pilots and maintainers once again showed their competitive edge by vying for top honors in U.S. Air Forces in Europe's bombing and strafing competition, Excalibur, on Aug. 17-19.

In the two-day event staged at Royal Air Force Lakenheath, England, three four-man teams from the 22nd, 23rd and 81st Fighter Squadrons landed first place in four of eight categories and third-place three times.

This year's event pitted 52nd Fighter Wing F-16 and A-10s against Britain's Royal Air Force 41st Squadron Jaguars from RAF Coltishall, England, and 492nd and 494th FS F-15Es from RAF Lakenheath, and 555th FS F-16s from Aviano Air Base, Italy.

The fighter teams were judged on their skills at hitting a variety targets on land and sea, at specified angles, altitudes and speeds.

Spangdahlem Air Base's Turkey Shoot targeting competition at Helectern and Vleihors ranges in Belgium and the Netherlands from Aug. 8-11 served as a good practice for Excalibur, said Maj. John Vincent, 22nd FS pilot and member of the top flight team.

"I'm extremely pleased with our phenomenal showing at Excalibur," said Col. Dave Goldfein, 52nd FW commander. "Our Hawk, Stinger and Panther pilots and maintainers as well as the rest of Team Eifel have worked hard over the past year supporting real-world contingencies and a robust exercise schedule to get where we are today."

Excalibur was a great opportunity to showcase Team Eifel's ability to accurately and effectively deliver superior combat power along side our USAFE and NATO teammates, the colonel added.

In addition to testing fighter aviation, bomb delivery and strafing skills, Excalibur provides pilots and aircraft maintainers a venue to "talk shop" and share information on the best ways allied and sister squadrons can support one another in times of peace and war, said Capt. Sam Mann, 22nd FS pilot and winner in the low-angle strafe competition.

"Each squadron performs different pri-

mary missions, so events such as this one provides us face time to compare notes on what we do and what the other squadrons do. This helps us come together and accomplish the missions most effectively," said Captain Mann.

After enduring a 13-hour "blue bus" ride to the event, wing aircraft maintainers put on their game face too and prepared to "keep the jets in the air," said Master Sgt. Wesley Ruuti, 22nd and 23rd Aircraft Maintenance Unit production superintendent at the competition.

Maintainers played an integral part in Excalibur because the rules required teams to fly in a minimum of three-man formations during weapons employment or the team would be disqualified, said Sergeant Ruuti. However, instead of competitively hoarding tools that other teams lacked, maintenance teams helped each other by sharing equipment and maintenance tips.

"When we go on TDYs, we go 'bare bones,' bringing with us only what's absolutely necessary, so it's important that maintenance teams hook each other up because it's logistically impossible to bring



Staff Sgt. Tony R. Tolley

Crew chiefs from the 52nd Aircraft Maintenance Squadron begin post-flight checks on an A-10 Thunderbolt II from the 81st Fighter Squadron, after a practice sortie over the Excalibur bombing range held at Royal Air Force Holbeach, United Kingdom. The Excalibur bombing competition was established to foster friendly relations between U.S. Air Forces in Europe and NATO, to increase esprit-de-corps between the respective pilots and to show basic visual bombing skills.

everything a unit may need to fix all the things that can go wrong with jet," he said.

Excalibur 2005 results

45-degree high-altitude release bomb

- **First place:** Maj. Rich Murray, 23rd FS
- **Second place:** Flight Lt. Mike Sutton, 41st FS, RAF Coltishall, England
- **Third place:** Capt. Sam Mann, 22nd FS

30-degree dive bomb

- **First place:** Maj. Trent Hill and Capt. Christian Burbach, 492nd FS, RAF Lakenheath, England
- **Second place:** Lt. Scott Tregaser, 555th FS, Aviano AB, Italy
- **Third place:** Capt. Johnny Vargas, 555th FS

20-degree low-altitude load drag

- **First place:** Maj. Hill and Capt. Burbach, 492nd FS
- **Second place:** Lt. Pete Yule and Capt. Ken Harney, 492nd FS
- **Third place:** Capts. Bill Lujan and Manaal Ibrahim, 492nd FS

10-degree low-altitude high drag

- **First place:** Flight Lt. Alex Tennent, 41st Squadron
- **Second place:** Maj. Paul Murray, 555th FS
- **Third place:** Capt. Jason Jensen, 81st FS

Low-angle strafe

- **First place:** Capt. Mann, 22nd FS
- **Second place:** Lt. Brian Perkins, 555th FS
- **Third place:** Capt. Tim Pesek, 22nd FS

Top Gun

- Maj. Rich Murray, 23rd FS

Top Flight

- 22nd FS

Top Wing

- 31st Fighter Wing, Aviano Air Base, Italy

Photo by Staff Sgt. Tony R. Tolley



Staff Sgt. Tony R. Tolley

Airman Bryan Christensen, 52nd AMXS, 22nd Fighter Squadron crew chief, halts an F-16C Fighting Falcon after a practice sortie over the Excalibur bombing range held at RAF Holbeach.

Integrity



Service Before Self



Excellence in All We Do



Tech. Sgt. Christopher Kelley

Top Saber Performer

Name: Staff Sgt. Allan Santiago
Unit: 23rd Fighter Squadron
Duty Title: 23rd FS computer systems manager
Hometown: Culver City, Calif.
Years in Service: Nine years
Nominee's contribution to the 52nd Fighter Wing mission success: Provides day-to-day computer and networking support his squadron. Facilitates the creation of NIPRNET and SIPRNET accounts for all assigned viper drivers, Intel, Aircrew Life Support and Aviation Resource

Management personnel. He implements computer security and information assurance principle to all squadron personnel, contributing to maintain Spangdahlem's Network integrity. As a "jack of all trades," he functions as the squadron's resource advisor, facility manager, public affairs representative and government purchase card holder.

Off-Duty volunteerism and professional development pursuits: Active supporter of the Eifel Filipino American Association. He volunteered at a single unaccompanied Airmen dinner, and read to first graders as part of the National Education Association's Read Across America.

What do you do for fun? I like to read books, spend quality time with my wife, and hang out and laugh with my friends.

What do you like most about being stationed here? Traveling with my wife around Europe and the friends that I have made while stationed here in Spangdahlem AB.

What's one thing you like to see changed or improved at Spangdahlem AB? The weather.

Commander's Mentorship Program



Capt. Tom Crosson

Capt. Miev Carhart, 52nd Medical Operations Squadron clinical nurse, chats with Col. Dave Goldfein, 52nd Fighter Wing commander as part of the Commander's Mentorship Program here in August. A resident of Richmond, Va., Capt. Carhart earned her bachelor's degree in nursing from the University of Virginia and a master's degree in general management from Troy State University. She has been at Spangdahlem for two-and-a-half years. The captain shared what she learned during her time shadowing the commander: "Shadowing Colonel Goldfein gave me a chance to see the big picture ... the forest and not just the trees."

Hometown news

Team Eifel members who have been recently promoted, reenlisted, received an award, retired or arrived to Spangdahlem Air Base should fill out a Hometown News Release, DD Form 2266. Forms are available by visiting <http://intranet.spangdahlem.af.mil/52fw/52fwagencies/PA/documents/dd2266.pdf>. Fax filled out and signed forms to the 52nd Fighter Wing Public Affairs Office at 452-5254, or drop the form off at the PA office, building 23, first floor. For more information, call the PA office at 452-6833 or check out Army and Air Force Hometown News Link at <http://hn.afnews.af.mil/>.



Eifel Salutes

52nd Medical Group

A hearty "well done" to Lt. Col. Alfred Scharff, Staff Sgts. Janice Ancona, John Batteline and Glenn Dosado for their quick and efficient response to a short notice equipment request. In less than 24-hours, they had acquired quotes, accomplished 13 point justification letters and had five packages approved and submitted. A big "get up and go" salute to Staff Sgt. Ernesto Otero, Senior Airman Nancy Martinez and Julie Langager for organizing and leading a successful PT session for Aerospace Medicine Squadron.

52nd Mission Support Group

Staff Sgt. Brandon Ridout was lauded by USAF ATSEP inspectors for managing an outstanding training program which received zero discrepancies during the inspection. His training plan received kudos for being well thought out and among the best the inspector has seen.

52nd Maintenance Group

Unveiling greatness is Senior Airman Scott Morin from the 52nd Equipment Maintenance Squadron. He recently showcased his new munitions database in which he spent more than 500 man hours with 90 per-



cent of those hours working off-duty. The Combat Custody database he made is aimed at munitions personnel and munitions custodians. This is the first database of its kind created and has the potential to become Air Force-wide.

38th Munitions Support Wing

Senior Airman Stephanie Dacosta singularly and superbly handles all aspects of day-to-day administrative needs of the Kleine Brogel, Belgium, commander and executive staff. Her meticulous tracking of group and wing suspenses ensures deadlines are met or exceeded for all projects assigned to the 701st Munitions Support Squadron.

CDC Scores

The following individuals received scores of 90 percent or better on their Career Development Course examinations:

♦ Airman 1st Class Aaron Davis, 52nd Civil Engineer Squadron: 91 percent

♦ Airman Walton Vickers, 52nd CES: 94 percent

Kudos to all; Team Eifel salutes you!

(Compiled by Senior Airman Eydie Sakura, 52nd Fighter Wing Public Affairs Office)



Tech. Sgt. Christopher Kelley

Top Saber Team

Unit: 23rd Fighter Squadron commander's support staff

A brief description of unit's responsibilities: The mission of the 23rd FS commander's support staff is to provide personnel/administrative support to 48 squadron members and implement the commander's administrative policies. These include EPR/OPR programs, fitness program, decorations submissions, resource advisor, INTRO program, Combat Proud, leave program, FAST program and WGM support among others. They also provide support to all personnel, such as updates of assignments preference, record review rips, orders, vouchers and resolving of computer related problems.

Number of members: Four; Staff Sgt. Allan Santiago, Ms. Karen Sconyers, Senior Airman Kriangsak Kohjaraoentham and 2nd Lt. Fernando Defillo

How does the team fit into the 52nd Fighter Wing's mission? The CSS mission is to provide administrative, personnel and computer support to squadron personnel in order for the squadron to accomplish the mission. It accomplishes this by employing multiple personnel programs and by maintaining liaison with various agencies like the MPF, finance, civil engineering, contracting, services and the communication squadrons. They take care of every 23rd FS member's administrative needs so the pilots can concentrate on dropping bombs on target and the 52nd FW's mission of projecting superior combat power.

Team's other contributions throughout the year: During base exercises, including the ORI, they led the way by providing 24-hour support to the 52nd FW mission as the deployed OPS Unit Control Center on informing personnel of the various FPCON, MOPP and alert changes and facilitated reception and beddown. They are also involved with National Education Association's Read Across America. While deployed, the 23rd FS CSS distributed school supplies to Iraqi school children and helped deliver more than 12,000 pounds of unit and personal mail, enhancing unit morale.

AFPC notifies Airmen of criminal activity

Staff reports

RANDOLPH AIR FORCE BASE, Texas -- The Air Force is notifying more than 33,000 Airmen that a security breach has occurred in the online Assignment Management System.

The notification comes after Air Force Personnel Center officials here alerted Air Force and federal investigators to unusually high activity on a single user's AMS account in June.

AMS, an online program used for assignment preferences and career management, contains career information on officers and enlisted Airmen, as well as some personal information such as birth dates and Social Security numbers, said Col. Lee Hall, director of assignments at AFPC. It does not contain personal addresses, phone numbers or specific information about family members.

A malicious user accessed about half of the officer force's individual information, while only a handful of noncommissioned officers were affected, said Lt. Col. John Clarke, AFPC's deputy director of personnel data systems. The individual used a legitimate user's login information to access and/or download Airmen's personal information.

"We notified Airmen as quickly as we could while still following criminal investigation procedures with the (Office of Special Investigations)," said Maj. Gen. Anthony F. Przybyslawski, AFPC commander. "Protecting Airmen's personal information is something we take very seriously, and we are doing everything we can to catch and

prosecute those responsible under the law.

"We notified the individuals involved, outlining what happened and how they can best insulate themselves from this potential risk," the general said. "We've taken steps to increase our system security. We're working with all Air Force agencies to identify vulnerabilities. We must keep our data protected."

In the meantime, AFPC officials said officers may login to the virtual military personnel flight at www.afpc.randolph.af.mil/vs/ to see if their information was viewed. If it was, they will receive a pop-up banner after login which will provide additional information.

The small number of enlisted Airmen who have had their information viewed will be contacted directly. Airmen may also go online to www.afpc.randolph.af.mil and click on "AMS Information" to determine if their personal information was viewed.

Officials also said Airmen may decide to follow Federal Trade Commission guidelines for dealing with identity theft at www.consumer.gov/idtheft/index.html.

Under the Fair Credit Reporting Act, beginning Thursday, everyone is entitled to one free credit check annually. To request this free report, visit www.annualcreditreport.com/.

Any Airman who believes he or she has become a victim of identity theft should contact the local base OSI and legal office.

(Courtesy of Air Force Personnel Center Public Affairs)



Staff reports

Former wing commander reflects on his time in the Eifel

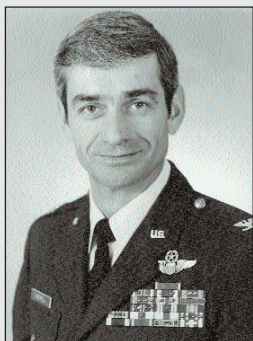
(Editors note: The following is an excerpt of a letter that retired Lt. Gen. Eugene Santarelli wrote to Col. David Goldfein, in response to Colonel Goldfein's invitation to the Eifel Reunion, September 16-18. General Santarelli was an instructor pilot, flight commander and operations officer with the 525th Tactical Fighter Squadron, Bitburg Air Base from April 1976 - May 1979 and commander of the 52nd Tactical Fighter Wing from June 1987 to June 1989).

I want to thank you for the invitation to participate in the 52nd anniversary of the U. S. Air Force in the Eifel. How appropriate for the Wing to host this event. Kay and I have many fond memories of our assignments in this region.

Bitburg-Spangdahlem holds a warm spot in our hearts, and whenever we talk of our assignments here, the rush of memories and friendships pour out.

I frequently think of our marriage in the town hall in Bitburg, wine-tasting on the Mosel, the many local fest events, "butter-schnitzel" from Annie's, the sporting contests

between the Barons and the Sabers, just to name a few.



**Lt. Gen. (ret.)
Eugene Santarelli**

Professionally, being part of the introduction of the F-15 to NATO, as part of the then 36th Tactical Fighter Wing, Bitburg Air Base, and introducing the F-16 Wild Weasel at Spangdahlem, both remain two highlights of my Air Force career.

What I remember most of these two assignments though is the people with whom I served, their dedication and commitment. The people were the real highlights.

Along these lines, some of the fondest and most lasting memories are the friendships we formed with our German hosts from the Eifel, and around Europe. The local communities welcomed us as one of their own. The city/town leadership was willing to work through the challenges of our flying operations.

The American presence in the Eifel was always a source of pride, even during difficult times. German American friendship will remain our #1 memory.

UCMJ: 13 Spang Airmen receive Article 15 punishments this summer

Staff reports

Thirteen Spangdahlem Air Base Airmen received non-judicial punishment under Article 15 of the Uniform Code of Military Justice in June and July.

♦ A master sergeant assigned to the 52nd Component Maintenance Squadron violated Article 92 by being derelict in the performance of his duties. The commander imposed forfeitures of \$300 pay per month for two months.

♦ A staff sergeant assigned to the 52nd CMS violated Article 92 by being derelict in the performance of his duties. The commander imposed a suspended reduction to senior airman and a reprimand.

♦ A senior airman assigned to the 52nd Equipment Maintenance Squadron violated Article 92 by being derelict in the performance of his duties. The commander imposed a suspended reduction to airman first class, 29 days extra duty and a reprimand.

♦ A senior airman assigned to the 52nd EMS violated Article 92 by being derelict in the performance of his duties on two occasions. The commander imposed a reduction to airman first class.

♦ A senior airman assigned to the 52nd EMS violated Article 86 by failing to go to his appointed place of duty and wrongfully leaving his place of duty. The commander imposed a suspended reduction to airman first class, 30 days correctional custody and a reprimand.

♦ An airman first class assigned to the 52nd Logistics Readiness Squadron violated Article 134 by being incapacitated for the proper performance of her duties and by fleeing the scene of an accident. The commander imposed a suspended reduction to airman, 30 days extra duty and a reprimand.

♦ A senior airman assigned to the 52nd LRS violated Article 111 by driving while intoxicated. The commander imposed a reduction to airman first class, with a suspended reduction to airman, 45 days extra duty and a reprimand.

♦ A master sergeant assigned to the 52nd Mission Support Squadron violated Article 134 by committing adultery. The commander imposed a suspended reduction to technical sergeant, forfeitures of \$400 pay per month for two months and a reprimand.

♦ An airman first class assigned to the 52nd Security Forces Squadron violated Article 86 by failing to go to her appointed place of duty. The commander imposed a suspended reduction

to airman, 14 days restriction, seven days extra duty and a reprimand.

♦ A senior airman assigned to the 52nd SFS violated Article 90 by disobeying a lawful command, Article 107 by making a false official statement and Article 134 by committing adultery. The commander imposed a reduction to airman first class and a reprimand.

♦ An airman first class assigned to the 52nd Services Squadron violated Article 86 by failing to go to his appointed place of duty. The commander imposed a reduction to airman and 30 days extra duty.

♦ An airman assigned to the 52nd EMS violated Article 111 by driving while intoxicated. The commander imposed a reduction to airman basic, suspended forfeitures of \$617 pay per month for two months, 45 days restriction, 45 days extra duty and a reprimand.

♦ A staff sergeant assigned to the 52nd LRS violated Article 91 by disobeying a noncommissioned officer. The commander imposed a reduction to senior airman and 45 days extra duty.

(Information courtesy the 52nd Fighter Wing Judge Advocate's Office)

Col. Dave Goldfein.....Commander
Capt. Thomas Crosson.....Public affairs chief
Capt. Mike Cumberworth.....PA deputy
Tech. Sgt. Pamela Anderson.....PA NCOIC
Senior Airman Amaani Lyle.....Editor
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tographs unless otherwise indicated.

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general interest
will be published in the *Eifel
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paraphrased for brevity or clarity.
Submit your Direct Line via:

■ DirectLine@spangdahlem.
af.mil

■ Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■ To PA in building 23.

■ Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.



Col. Dave Goldfein

August
Sortie
Scoreboard

Aircraft	Goal	Flown	Delta
22FS	495	326	+13
23FS	448	340	0
81FS	358	289	-1

*Delta is contract vs. sorties flown to date.

Through Aug. 24

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

Aug. 26, 2005

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Deployments

Spang Sabers must be ready to fight, know their jobs before heading to AOR

By Lt. Col. John Cherrey
81st Fighter Squadron commander

The 52nd Fighter Wing's recent success during the U.S. Air Forces in Europe Operational Readiness Inspection highlights the wing's capability to deploy into a combat zone and prepare for combat operations.

For most of the exercises leading up to the inspection, we deployed major portions of the wing in anticipation of an all-out effort once we arrived in theater.

While an amazing capability, the reality is that our Airmen are just as likely to deploy or go on temporary duty assignment in support of a smaller package such as a weapons training deployment for a scaled-down aviation package.

During these deployments, budgetary constraints often force the project officer to tailor the number of people able to participate. This gives those who do deploy the opportunity to work outside their normal squadron structures in support of an expeditionary operation.

Deployed Airmen give their expeditionary commander the most productivity when they show up ready to fight. Ready to fight is more than just a squared away mobility folder with the requisite number of battle dress uniforms, shirts, etc. -- people were expected to pack when they processed through the deployment line.

Deployed Airmen give their expeditionary commander the most productivity when they show up ready to fight. Ready to fight is more than just a squared away mobility folder ...

Ready to fight means people should first show up with their personal baggage in check. Attempting to fix their finances, insurance or mend a relationship from a deployed location with limited communications usually meets with limited success.

The second area is for people to know how to do their job ... when deployed. It sounds simple, but the most successful deployed Airmen I've seen have taken the time to understand how they are going to accomplish the tasks and functions they perform every day at Spangdahlem Air Base from a different location.

Airmen take nothing for granted -- if they need Internet connectivity, then they know how to set up their own computer and what Web sites they need to access. If there is a specific rule for the deployed location -- they understand how it applies to the mission.

Communication is the third way Airmen

enhance deployed success. They understand what and how to communicate critical information up and down the chain of command so leadership is aware of risks and can work problems.

At the same time, they communicate both laterally and down the chain to ensure those they work with have all the information they need to create a cohesive team and accomplish the mission.

The last item a great expeditionary Airman brings to the fight is enthusiasm. The drive to get the mission done, keep morale high and bring those around them up to their level is a huge force multiplier. While it can't make up for distractions, job knowledge or poor communications skills, there is nothing more addictive than a positive attitude.

I've witnessed troops overcome deployments to austere locations, missed holidays and harsh weather with nothing more than a positive outlook on both the mission and the team they are a part of.

Take a glance at the wing calendar any day and you'll see a host of opportunities for deployed Airmen to show up ready to fight. When the time comes, ultimately, it's each individual's preparation and skills that will determine if they're adding to the team's success or "doing time" at the deployed location.

The Air Force of today is too lean to succeed without you ... be ready.

Direct Line

RESCON, 0-1-3

Comment: *It may come to no one's surprise, but some Sabers have an alcohol problem. I believe this problem should be dealt with by banning the driving-under-the-influence perpetrators from alcohol. Since they endangered the lives and rights of our community -- seize their right to drink.*

Can we give them breathalyzer tests to enforce the restriction? Send them to mandatory Alcoholics Anonymous sessions? A driver under the influence of alcohol is a threat to everyone in the community both on and off base.

Instead, what has happened is the innocent service members are punished for the bad choices of others. The current approach appears to be a form of barbarian peer pressure. Having fellow co-workers resent and harass the wrongdoer does not solve the problem. In fact, it lowers morale affecting the mission. Yes, this is the military, but totalitarian tactics are useless here. I propose we neutralize the culprit's weapon ... alcohol.

Punishing the squadron because of the choice of the few does more harm than good. How many of the problem-people care that they have inconvenienced others? If they cared, they would never have endangered the lives of our community in the first place.

Recently many enlisted members were told they would have to show up in their blues on a Saturday because some inconsiderate person got a DUI; I think I speak for many people when I say I am outraged that the Air Force would treat honorable and responsible people and their families in such a way. After 12-hour shifts, countless exercises and deployment preparation, servicemembers are robbed of the little free time they have.

Start punishing the people who make the mistake. Quit using bully and peer-pressure tactics. If a servicemember gets a DUI, they need to have their privilege of buying and consuming alcohol revoked. It is bad enough we have a few dishonorable Spangdahlem Sabers, but TRUE Spangdahlem Sabers should not be treated dishonorably.

Reply: Thank you for your note and the opportunity to articulate my vision for both our RESCON, or Responsibility Condition, and Saber 0-1-3 programs. These two programs are intended to work in concert to raise awareness about choices with alcohol.

First, let's talk about RESCON. As you might recall, last spring I recalled the wing after we experienced 11 DUIs in a three-week period. We were out of control and headed toward losing someone. It was time to reverse the trend. RESCON is designed to lay out measured levels of action that will occur at the squadron level for DUIs on a rolling 30-day period.

I agree that a Saturday squadron recall is painful, but when compared to attending a memorial ceremony, it's a small price to pay. On the positive side, since we initiated our RESCON program, we've earned two wing down days for going 30 days without a DUI. Sixty days without a DUI is better than the DUI rate we built last spring. So, I think RESCON has increased our collective awareness about choices about drinking and driving, and ultimately, helped to sustain our combat readiness. We need every Saber to be fit, healthy and able to serve.

Now let's discuss Saber 0-1-3. Part of the magic of the Eifel involves alcohol. We live in the center of the universe for great beer, wine and fests. We should be able to enjoy the Eifel in a manner that reflects favorably on all of us as Americans. Once we determine we are not going to drive, Saber 0-1-3 suggests how we might enjoy alcohol responsibly.

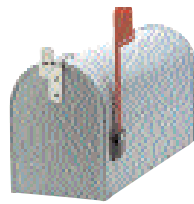
First, our goal is zero alcohol related incidents -- on or off base. Secondly, since our livers can only process one standard single drink an hour, that's a good rule of thumb for maximum consumption rate. After the third drink, our potential for poor choices and inappropriate behavior increases by a factor of two. Three drinks is a good stopping point for the night. In sum, Saber 0-1-3 serves as a common-sense guide to support development of a culture of responsible drinking.

Every supervisor in our wing must take ownership of this culture so we set a wing-wide expectation for responsible drinking. Every Airman must embrace our responsibility to individually and collectively hold our use of alcohol to acceptable limits. Increased awareness and appropriate decisions with alcohol sustain our readiness and enhance community relations. I'm confident we are on our way to achieving this goal. These programs are helping us move forward.



Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



Child find screenings

Bitburg Elementary School offers appointments for a child find screening Thursday. People concerned about their 3-5 year old's social/emotional, cognitive development or language or motor skills development should call 452-9215 or 0656561-9215 for an appointment.

Girl Scouts

The Girls Scouts registration and information open house takes place Sept. 3 from 10 a.m. to 2 p.m. at the Bitburg Annex, building 2007. Registration is open for girls, ages 5-17. For more information, call the Girl Scouts office at 452-9190.

SAC board

Elections to fill two parent representative positions on the school advisory committee takes place Sept. 7 at 4 p.m. at an open house. Candidates for the board positions on the 2005/2006 Bitburg High School Advisory Committee must serve a two-year term, have a DEROS of June 2007 or later, have a student at BHS through June 2007 and be willing to attend monthly meetings of the BHS SAC. People interested should e-mail mark.bintz@spangdahlem.af.mil.

Square dance club

The Mosel Valley Dancers are having a square dancing open house Sept. 7 and 14 from 7:30-10 p.m. in Trier. All instructions are in English; lessons begin Sept. 21 and will continue each Wednesday there after. No dancing experience necessary. For more information or directions to the open house, call Marc or Sandy at 06565-955981 after 6 p.m.

Wanted: Certified teachers

Bitburg Middle School needs certified teachers in math, computer applications and special education (moderate to severe) for grade levels 5-8. For more information, call the middle school at 452-9310 or 452-9332.

Clothing sales

The Spangdahlem AB military clothing sales store has A-10 and F-16 unit color T-shirts in stock. They also have chief master sergeant T-shirts available. For more information, call Chuck Harper at 452-6565.



Joanne Defillo

Future pilots in training?

Staff Sgt. Terence Zelek, 23rd Fighter Squadron aircrew life support craftsman, connects the mask to a fighter pilot helmet during the "Let's Get Professional, Military Style" youth center field trip Aug. 18. The children were given a tour of the 23rd FS and shown many aspects of the military profession as a fighter pilot. This included trying on a parachute harness, night vision goggles and helmets. They also learned about ejection seat parachutes and G-suits.

Commissary hours

The Bitburg Annex Commissary is open regular hours on Labor Day. The Spangdahlem AB Commissary will be closed. For details, call Alfredo Alferez at 452-9135 or Kevin Kegler at 452-6606.

Colon cancer prevention

The 52nd Medical Group offers a community awareness event called "Colon Cancer Prevention: The Benefits of Screening and Early Detection" Sept. 7 from 10-11 a.m. and 6-7 p.m. at Club Eifel. The event will educate Team Eifel members about risks, symptoms, prevention, early detection and treatment options. For details, call Maj. Adrienne Clark or Cynthia Rogers at 452-3400.

WIC-O hours

The Women Infant Children Overseas program's new office hours are Mondays-Fridays from 8 a.m. to 4 p.m. People can call Erin Locke or Kathleen Mumpower at 452-9093 or 0656561-9093 to see if they are eligible for WIC benefits.

Creative Critters

Creative Critters is a structured play group for children ages 18 months to

5 years. The play groups kick off Sept. 7 and will be each Wednesday from 10-11 a.m. at the Bitburg Annex Family Support Center, building 2001. Parents and children can participate in music, movement and arts and crafts. For details, call Lynn Luria at 452-6422.

Artist/craftsman contest

Enter the 2005 Artist/Craftsman contest, sponsored by the base arts and crafts center. The deadline to apply is Oct. 11. The contest is divided into two groups: adults and youth (age 17 and under). Categories include: fine art, textile art, industrial art and multicrafts art. Contestants are limited to four entries. Winning entries will be entered in the USAFE competition. For details, call Bob Rosinbum at 452-6841.

New car drawing

USAFE Services and Exchange New Car Sales are giving away a 2006 Chrysler PT Cruiser Sept. 18 in honor of the Air Force's 58th birthday. The drawing is open to Airmen assigned to USAFE, their family members and DoD civilian employees 18 years and older. Register at www.usafesvsmarketing.org by Sept. 18 at noon.

Chapel Services

Spangdahlem AB

Catholic Mass

- ♦ Saturday, 5 p.m.
 - ♦ Sunday, 8:30 a.m.
 - ♦ Sunday, religious education, 9:45 a.m. (building 139)
 - ♦ Monday - Thursday, 11:45 a.m.
- #### Protestant
- ♦ Sunday, 10:30 a.m., traditional service
 - ♦ Sunday, 1 p.m., Korean service
 - ♦ Sunday, 5 p.m., Sunday Night Live service

Bitburg Annex

Catholic Mass

- ♦ Sunday, 11:30 a.m.
 - ♦ Monday, 8:30 a.m.
- #### Protestant
- ♦ Sunday, 8:15 a.m., Liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.

Club Card Reward Program

Two different options

- 1 TravelPlus
Airline mileage program
- 2 Military Free Cash
Cash back reward program

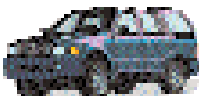
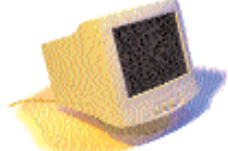
TravelPlus

- One point earned for every dollar charged on club card
- Redeem points for airline travel, hotels, rental cars and more
- No black out dates, good for any airline
- \$29 per year membership fee

Military Free Cash

- Earn two points for every dollar spent on base (except gas)
- Earn one point for every dollar spent everywhere else
- Receive \$25 cash or \$25 gift card for every 2,500 points earned
- No annual fee
- Points expire 24 months from month earned
- Maximum point accumulation is 10,000 per year
- Gift cards available from: Borders, Old's, On The Border, Macaroni Grill, Mohil, Exnn, Sam Rindy, Alcock's, Mary's, JC Penney, Rest Easy, Darden Restaurants, Home Depot, Pier 1 Imports, Pizza Hut and Marriott Hotels.

To enroll call Card Member Service (CMS) at 1-800-759-0294



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least 10 days before the desired date of publication. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

Movies

The following movie listings are for today through Aug. 25. Times and movies are subject to change. For current information, call 06565-61-9441 or 452-9441. Movie synopses are available at www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

Charlie and the Chocolate Factory (PG, 7 p.m.)

A young boy wins a tour through the most magnificent chocolate factory in the world, led by the world's most unusual candy maker.

Land of the Dead (R, 9:30 p.m.)

The living dead have taken over the world, and the last humans live in a walled city to protect themselves as they come to grips with the situation.

Saturday

The Perfect Man (PG, 7 p.m.)

Holly conceives the perfect plan for the perfect man -- an imaginary secret admirer who will romance her mother Jean and boost her shaky self-esteem. Holly must resort to increasingly desperate measures to keep the ruse alive and protect her mom's newfound happiness, almost missing the real perfect man when he does come along.

Batman Begins (PG-13, 9:30 p.m.)

In the wake of his parents' murder, disillusioned industrial heir Bruce Wayne travels the world, seeking the means to fight injustice.

Sunday

Charlie and the Chocolate Factory (4 p.m.)

Batman Begins (7 p.m.)

Monday

The Perfect Man (7 p.m.)

Tuesday

Charlie and the Chocolate Factory (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

The Honeymooners (PG-13, 7 p.m.)

New York City bus driver Ralph and his feisty wife Alice, struggle to make ends meet. Along with their best friends Ed and Trixie, they have almost enough money for a down payment on a Brooklyn duplex until Ralph winds up losing all their money and his marriage to boot with another of his crazy schemes.

Fantastic Four (PG-13, 9:30 p.m.)

A group of astronauts gain superpowers after cosmic radiation exposure and must use them to oppose the plans of their enemy, Doctor Victor Von Doom.

Saturday

The Adventures of Shark Boy and Lava Girl in 3-D (PG, 7 p.m.)

A boy's imaginary superhero friends come to life and join him on a series of adventures.

Fantastic Four (9:30 p.m.)

Sunday

The Adventures of Shark Boy and Lava Girl in 3-D (4 p.m.)

Mr. and Mrs. Smith (PG-13, 7 p.m.)

John and Jane are an ordinary suburban couple with an ordinary, lifeless suburban marriage. But each of them has a secret -- they are actually both legendary assassins working for competing organizations.

Closed Monday and Tuesday

Wednesday

Fantastic Four (7 p.m.)

Thursday

Mr. and Mrs. Smith (7 p.m.)

Quiet Mosel towns soon celebrate famed Riesling grape Bernkastel fest honors wine heritage with parties, parades, pyrotechnics

By Iris Reiff

52nd Fighter Wing Public Affairs Office

Bernkastel, a famous holiday town, celebrates its traditional "wine festival of the middle Mosel" from Sept. 2-5.

More than 20 wine growing towns will participate in the event, the largest of its kind along the Mosel.

Visitors to Bernkastel, the center of the Mosel wine industry, can experience the delicious Riesling wines at one of the town's old wine-cellar or enjoy the Mosel hospitality and entertainment offered in hotels, cozy wine taverns, first-class restaurants or traditional coffee houses.

The adventurous can follow a cobblestone path behind the statue in the square, through vineyards, traveling endlessly up. Team Eifel families are encouraged to take their time and snap lots of pictures of the Eifel region's most popular panoramas of the Mosel River, with the largest continuously-linked vineyard slopes in Germany.

The Bernkastel festival officially starts on Sept. 2 at 3:30 p.m. with the opening of the amusement ride park and the wine street, where the wine stands are lined up. The wine queen "Mosella" Catherina I will be officially announced and welcomed in the market square, greeted by the city mayor, Wolfgang Port.

The British Dixielanders jazz band will perform in the market square from 2:15-2:45 p.m. An entertainment program will start off about 6 p.m. in the market square, featuring welcoming words, dancing performances by folk dancing groups, the Bernkastel-Kues city music association, local scouts and fanfare.

Activities continue on Saturday at noon with more dancing performances in the market square, show and dance band performances, fanfare and music. Several European bands and musicians will perform throughout the weekend.

The amusement park will be open throughout the festival. One highlight of the event is a giant fireworks display from the Burg Landshut castle and the Mosel shore from 9-9:30 p.m. Saturday, known as the biggest pyrotechnic spectacle on the river. Built during the 13th century, the Burg Landshut ruins sit atop a vine-clad hillside.

Another highlight of the Bernkastel fest is a colorful folk parade Sunday, at 2 p.m., which features about 100 floats and bands parading through the city. After the parade, music and dancing will continue through the evening.



Iris Reiff

Bernkastel's quiet town center, with its medieval half-timbered houses, will become a festival site Sept. 2-5. The Spitzhaeuschen, which is located in the center of the town, houses a wine pub inside.

The 45-minute drive from Spangdahlem to Bernkastel along the Mosel River is a scenic route that winds through valleys and around hills.

With its medieval architecture, Bernkastel-Kues is a favorite holiday site for Mosel travelers and wine connoisseurs. Visitors can count on the town to be crowded during the weekend and are encouraged to get there early to find convenient parking. Parents are advised not to bring small children to the festival because of the large-scale crowds and alcohol consumption.



Out and About



(Editor's note: Event dates and times are subject to change. To confirm event details, call the telephone information office at 11833 and ask for a number to the tourist office in the town the event takes place. For event tickets, call the Press-Center Trier at 06511-459930, the Trier Tourist Information Office at 06519-780822 or the Trier Ticket Service at 06519-941188, unless specified otherwise.)

♦The Bach Band performs jazz **today** at the Trier Jazz Club. For details, visit www.jazz-club-trier.de or call 06501-998324.

♦The annual Manderscheid castle festival takes place **Saturday** and **Sunday**. Event highlights include jousting competitions, historical dances and music, plays and singing, and a medieval market. Activities begin **Saturday** at 11 a.m. A fireworks display begins at 10:30 p.m.

♦Local flea markets are open on **Sunday** inside and outside the Bitburg Auktionenhalle or auction hall; outside the Gerolstein hit market and for the Gerolstein Sprudel festival; in front of

the Trier-Zewen real market; in the center of Baumholder; at the Mayen OBI industrial center.

♦An organ concert performed by Ivete Apkalna from Lettland takes place **Sunday** at 3 p.m. at the Himmerod Abbey.

♦Summer Biking 2005, a traffic-free bicycling event similar to Happy Mosel, takes place **Sunday** from 10 a.m. to 6 p.m. The 70-kilometer route follows along the Nims river, snakes through the Sauertal valley or a German-American Nature Preserve. Starting points are in Masholder, a town located near Bitburg, and in Bollendorf, Luxembourg. Food and beverages are sold along the route. Starting at 2 p.m., shuttle transportation will be available. For event details, visit www.summer-biking.de. Information is also available by calling the German-Luxembourg tourist information office at 06501-602666.

♦The international 1,000-kilometer ADAC car race takes place from **Sept. 2-4** at the famous Nuerburgring race track. For details, visit

www.1000km-nuerburgring.de.

♦The Musikkorps Orchestra of the Deutsche Bundeswehr performs a welfare concert **Sept. 6** at 7:30 p.m. at the Trier Arena. Call 0651-46290103 for details or visit www.arena-trier.de.

♦Eisstadion Funpark amusement area is open at Bitburg ice sports hall throughout the summer season. The park features a climbing wall, trampolines, inline hockey, speed hockey, table tennis, basketball and more. The park is open **Wednesdays** from 3-7 p.m., **Fridays** from 3-8 p.m. and **Sundays** and holidays from 3-7 p.m. Groups may make reservations by calling at 06561-8447 or e-mail eissporthalle-bitburg@t-online.de.

♦"Trier Classics," an antique car meeting, takes place **Sept. 9-11** Visit www.trier-classics.de or e-mail info@trier-classics.de for details.

♦An exhibition of Christian icons from the National Museum of Belgrad is available for viewing now through **Sept. 15** at the Himmerod Abbey.

Combat Fitness: HAWC, fitness center train Sabers on proper techniques

Story and photo by
Tech. Sgt. Pamela Anderson
52nd Fighter Wing Public Affairs Office

Sabers are getting into shape and members of the Spangdahlem Air Base Skelton Memorial Fitness Center and the 52nd Medical Group Health and Wellness Center are doing their best to ensure unit Physical Training Leaders are prepared to lead the way.

PTL training consists of a daylong schedule with classroom instruction and hands on training at the fitness center.

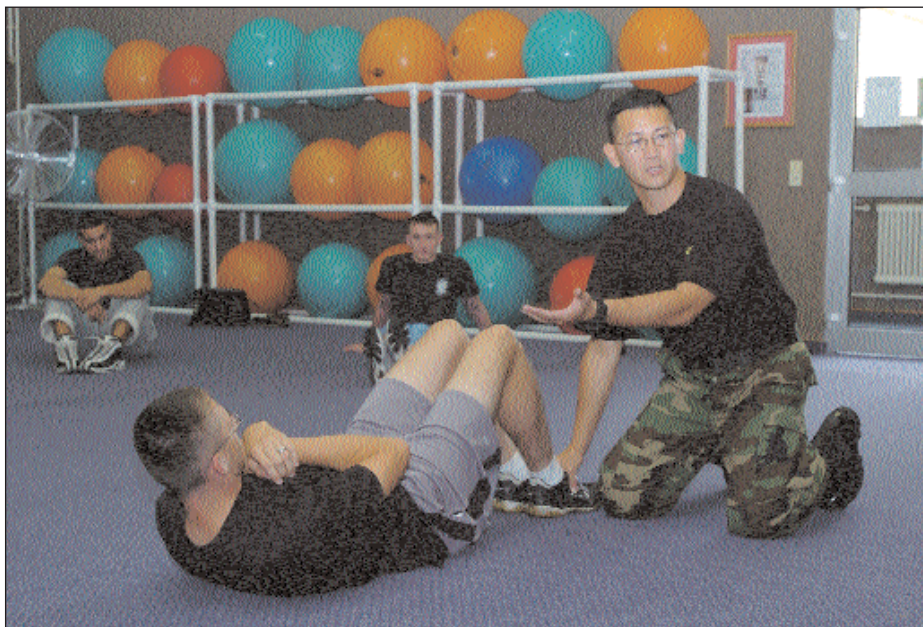
"In the classroom, they're receiving a wealth of information such as the importance and benefits of incorporating all physical components of a workout, structuring and teaching squadron PT," said Staff Sgt. Ernesto Otero, HAWC technician. "The PTL trainees also learn instruction, motivation and leadership techniques."

In a separate class, PTLs receive their CPR and automated external defibrillation certifications and are given an orientation to the weight room on free weights, machines, proper form and exercises. They also design and participate in a circuit training class.

After spending the morning at the HAWC, PTL trainees head to the fitness center where they get hands on training in the weight and aerobics rooms.

"We show them how to work the weight machines and how to do proper circuit training," said Staff Sgt Max Pontenila, 52nd Services Squadron fitness and sports specialist. "We demonstrate exercises, how to cool down and appropriate stretches."

Most PTLs already have their own fitness routines so training isn't too in depth.



Staff Sgt. Max Pontenila, 52nd Services Squadron fitness and sports specialist, explains the importance of proper technique for doing sit ups during a physical training leader class here Friday.

"Most of them work out daily so this is a refresher for them," Sergeant Pontenila said. "We're just teaching them how to teach their troops."

PTLs are appointed by their commanders, must have one year retainability and have scored at least a 75 on their last physical training test, Sergeant Otero said.

"Having a positive attitude also helps," he added.

Though the fitness program is fairly new, both instructors have seen improvement in test scores and feel this is only the beginning.

"We've come a long way," Sergeant Otero said. "But we've got a long way to go. This test is here to stay and it's only going to get harder."

PT test preparation tips

- ♦ Maintain a regular workout
- ♦ Practice your form for the run, sit ups and push ups
- ♦ Don't work out heavy the day prior to your test
- ♦ The night before, eat a good dinner and get eight to 10 hours of sleep
- ♦ The morning of your test, eat breakfast
- ♦ If you test later in the day, avoid a heavy lunch, but don't skip it.
- ♦ If it has been two to three hours since you ate, have a small snack before you test
- ♦ Remember to breathe: Rhythmically during your run -- in the nose out the mouth. For sit ups and push ups -- breath out on the exertion and in on the easy part.

(Information courtesy of the HAWC)



Courtesy photo

German pole vaulter Michael Stolle, demonstrates his physical abilities at a recent competition. International pole vaulting athletes will be competing in front of the Bitburg Bada Haus cultural center Wednesday at 6 p.m. Two U.S. athletes will be a part of the international competition and base members are invited to cheer them on. Entry for the event is free.

How much fat is enough?

Daily grams of fat*

Men

- ♦ Normal weight: 60-90 grams of fat per day
- ♦ Overweight: 40-60 grams of fat per day

Women

- ♦ Normal weight: 40-70 grams of fat per day
- ♦ Overweight: 25-40 grams of fat per day

*These ranges help people stick to a diet that has more than 20-30 percent of calories from fat

Track that fat

- ♦ Read labels: If the label does not have calories from fat, multiply the grams of total fat by nine, because there are nine calories in a gram of fat. This gives you your total fat calories.
- ♦ An easy rule of thumb is to most often choose foods that have no more than three grams of fat per 100 calories.

Fast food

Fast food can mean "fat food." Stay away from french fries, breads, cheese and special sauces. Below are some good choices:

- ♦ Single broiled hamburger with mustard, tomato, lettuce and pickles
- ♦ Salad (avoid eggs, cheese, bacon bits, croutons and too much dressing)
- ♦ Turkey, lean roast beef or ham sandwich (with mustard instead of mayonnaise)

(Information courtesy of the HAWC)



Sports Briefs

Dance, gymnastics registration

Youth interested in dance and gymnastics can sign up for classes now through Tuesday at the Spangdahlem AB Youth Center or the Bitburg Annex Teen Center. Dance and gymnastics classes are offered for children 20 months and older in the parent/tot program. There are also adult combo classes for dance, while gymnastics offers team competition levels. For more information, call Sally Fuller at 452-7546.

Wanted: Track, field competitors

The 2005 U.S. Forces Track and Field championship takes place Sept. 24 in Hanau, Germany. Sabers interested in competing in the event should call Master Sgt. Bryon Grays at 452-6201 or 452-6339.

Wanted: Varsity volleyball players

The Spangdahlem AB volleyball team needs male and female players for their upcoming season. Players must be experienced and the team travels to Air Force and Army bases around Europe. For details, call Staff Sgt. Andres Rodriguez at 452-5383 or 452-5363.

Wanted: Soccer, flag football officials

The youth soccer and flag football teams need people to officiate games Sept. 15 through Oct. 30. The games will be played at the Spangdahlem AB and Bitburg Annex soccer fields, and certification and training will be provided. The deadline to apply is Thursday. For more information, call Master Sgt. Jeffrey Bell at 452-9495, 06561-94-5079 or 0160-966-85014.

Fat tire spectacular

The 20th annual Fat Tire Spectacular bicycle race takes place Sept. 10 at 10 a.m. at Keans Lodge Am Esel, Garmisch. Race number issue is Sept. 9 from 5-7 p.m. at Keans Lodge. Registration takes place at Edelweiss Lodge and Resort, Garmisch. Pre-registration is \$18 or 15 euro; late registration is \$24 or 20 euro. Call 08821-9444104 for details.

Cheerleading camp

Kaiserslautern High School is sponsoring a Universal Cheer Association cheerleading camp Sept. 2-4. The camp is a DoDDS-E sanctioned event and is open to all prospective high school cheerleaders in Europe. The cost is \$95, payable at the door. Participants will learn cheers, sideline chants, dances, partner stunts and safety techniques. For details, call Jane Varalli at 489-7541 or Karen Seadore at 338-7470.

Tai Chi classes

The health and wellness center offers Tai Chi Quan classes Mondays and Wednesdays from noon to 1 p.m. in the HAWC yoga room. Tai Chi is for people interested in inward martial arts, meditation in movement and relaxation. For details, call Klaus van den Boom at 452-7233.

Fitness equipment training

Training classes for the proper use of fitness equipment in the Spangdahlem AB fitness center take place Fridays at 9 a.m. free of charge. Call 452-6634 for details.

Youth bowling league

Registration for the 2005/2006 Youth Bowling League takes place now through the end of September. The league is available for children, ages 6-18, and takes place at the Spangdahlem AB bowling alley. Participants can earn individual awards, patches, trophies and scholarships. For details, call Tech. Sgt. John Barber at 452-4747.